

How athletes and exercise enthusiasts can get back in the game

Intense exercise can place added strain on the heart. Also, COVID-19 can affect the heart and lungs. So after you've had COVID, be sure to:

- ✓ **Ease back into activity** – all athletes should be fully recovered from COVID before returning to exercise or sports
- ✓ **Report any symptoms**
- ✓ **If you have heart or lung symptoms, get heart testing before exercising or playing sports**

WATCH FOR HEART SYMPTOMS

These include:



Difficulty breathing



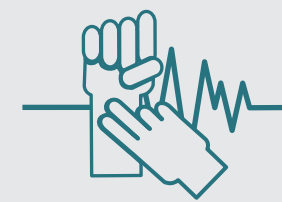
Chest pain



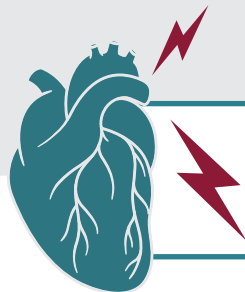
Lightheadedness or dizziness



Palpitations or feeling your heart racing



Heart rate that stays high after activity



Rarely, myocarditis (inflammation of the heart muscle) can occur after COVID-19.

INITIAL HEART TESTS



Electrocardiogram (ECG)

To assess the heart's electrical activity



Echocardiogram

To see how the heart is functioning



Cardiac troponin

Blood test to look for heart muscle injury

If any of these tests suggest a heart issue, an MRI of the heart and other tests may be added.

WHEN TO RETURN TO ACTIVITY

After you've had COVID:

With no symptoms:



With symptoms:



With myocarditis:



Always check in with your health care team and share concerns you may have.



Visit **CardioSmart.org/COVID19** to learn more.

@ACCinTouch #CardioSmart